

## Healthy eating on menu at Kaipara College

Breakfast banana smoothie or bran and berry muffin? Thai beef noodle salad or Mexican beef slider?

One of the most difficult decisions for students at Kaipara College this year might be deciding which delicious food option to order at the school tuck shop.

Following the retirement of the previous canteen operators, the college is making a concerted effort to encourage healthy eating by students and staff - so sausage rolls, pies and fizzy drinks are gone, and instead the menu will read like something you would find at a top cafe.

Taking over the contract is the kitchen at Te Whare Oranga ō Parakai, the community centre owned and run by the Helensville District Health Trust.

Says Trust general manager Sue Miller: "Through this platform of food we hope to achieve our vision of creating the healthiest rural community in New Zealand."

It has also allowed Te Whare Oranga kitchen manager, Keryn Reardon to expand her team of local part-time and casual staff.

"Food feeds not only our bodies but our

well-being," says Keryn, "and I'm passionate about creating food that is real and made in a kitchen, not a laboratory. The food we will make will be modern, fresh, seasonal, nutritionally dense, and wherever possible sourced locally."

A percentage of the money earned will go back into funding social enterprise opportunities in South Kaipara, as well as to the college itself.

The menu will be changed weekly but will always feature morning tea options as well as sushi and a hot meal. Every item will be priced at \$5 or less, and the plan is to be able to take online bookings and payment by the second term.

The Health Trust was chosen to run the tuck shop as it met criteria developed with help from the Student Council and food technology department, says Kaipara College principal Patrick Gale.

"Amongst the criteria was the need for healthy food at a competitive price that would meet the dietary needs of our students throughout the day.

"We were very impressed with the community ethos of the Health Trust tender, and their desire to work alongside the college to develop a range of healthy choices for the students.

"The possibility exists in the future to develop a partnership that will enable our students to gain practical experience of the

hospitality industry," he says.

"By keeping the contract local, we hope to extend the community focus the college is developing and for the food to be tailored



• The Kaipara College canteen team (from left): Mili Sipa, Sandy Nio-Aporo, Cherie Mansell, Amy Major, and Te Whare Oranga kitchen manager, Keryn Reardon.

directly to the needs of Kaipara students, rather than a broader approach that other providers were offering."

Keryn and her team will also be at the Helensville A&P Show with samples of the new menu.

## New weekend for Xmas parade

Helensville Christmas parade will be held on a different weekend this year.

The parade has traditionally been on the first Saturday of December, but because of clashes with other events, this year it will be moved back to the second Saturday in December.

That's the day after the Kumeu parade, which will benefit those businesses and groups that want to put a float in both events.

The 2016 parade was very well received, with many spectators saying it was one of the biggest and best they had seen.

Organiser Holly Southernwood says the after-parade entertainment in the grounds of Helensville Museum will be tweaked this year in an effort to attract more people.

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## RAS boss to open A&P Show

The national president of the Royal Agricultural Society (RAS) will open this year's Helensville A&P Show on Saturday, February 25 - believed to be the first time the RAS's top official has visited our show.

While there he will also present life memberships to show stalwarts Chris and Sue Clark, while Karen Woolley will receive an RAS Excellence in Agriculture award.

Outstanding Service awards will be presented to Jenny Coles, Rhonda Grace, Kevin Anderson and Pam Hollin.

Chris and Sue Clark have been involved with the show for around 35 years, with Chris serving as president in the early 1990s and again from 2009 to 2012, and Sue a mainstay of the indoor section and office.

Karen Woolley has been a cattle exhibitor at Helensville and other A&P shows in the northern district for more than 20 years and is described as epitomising the A&P tenets of good sportsmanship, fair competition, encouragement, care of animals and educating others, including the

public.

Since Jenny Coles took over Allsorts in Commercial Road in 2004 she has been a supporter of the show, acting as a drop-off point for entry forms, prize money and even entries. She sponsors the craft and needlework sections, and is known for her A&P Show shop window displays.

Rhonda Grace has been involved with Helensville Show since her childhood, both as a competitor in the baking and floral sections, and as a steward both in the indoor sections and for the sheep competition.

Kevin Anderson will receive his Outstanding Service award for his many years of volunteer work keeping the showgrounds in pristine condition.

Pam Hollin has been a Helensville Show equestrian competitor since the 1960s, initially riding in the hack ring. She has entered the pony classes, especially the Welsh Pony ring, for the last 37 years, and with husband John has won many Champion and Supreme Champion ribbons.

## Historic Kaukapakapa photos, records on display

Visitors to the historic Kaukapakapa library on Sunday, February 19 from 10am to 1pm will be able to look over hundreds of photos and records that have been amassed since the library reopened two and a half years ago.

Among these will be the Jordan Collection of photographs, which has more than 600 images of early Kaukapakapa. The original minute book for the library dating from 1874 will also be on display, along with correspondence and records back to that time.

Originally established in 1865, Kaukapakapa library now regularly hosts authors, illustrators, story-times and other literary events. First incorporated as a public library in 1879, it contains a collection of books dating from the 1860s through to the 1990s, when it was closed to the public. Although no longer operating as a lending library it provides a fascinating insight into Kaukapakapa's past.



• Kaukapakapa library, from the Jordan Collection

For more information phone Megan Paterson on 021 959 017 or email: threehorses@xtra.co.nz.

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# Huge prizes to foster kids' sewing



• Cheryl Houston with the two sewing machines she has donated as prizes for the A&P Show

Local children have the chance to win almost \$2000 worth of high quality sewing machines at this month's Helensville A&P Show.

Cheryl Houston, of All Things Patchwork at Waimauku, has generously donated two new Bernina machines for the children's sewing section, as well as other prizes.

She says the reason for her valuable prizes "is to try to get kids back to sewing". Kaipara College recently reintroduced sewing to its Years 9 and 10 curriculum, and she has told them about the prizes on offer.

Entrants in the 13 to 16 year old 'machine sewn article' class at the A&P Show can win a Bernina B215 machine worth \$1599, while 10 to 12 year olds will compete for a \$300 Bernette Sew&Go3 machine. Entries close Monday, February 20.

Cheryl says Bernina is a strong supporter of children sewing, and is the major supplier of machines to schools in New Zealand.

She prefers to sponsor the Helensville Show because it is still a true country show and hasn't become too commercial.

• More on the A&P Show on page 8.

## Descendants of Bradley family sought

A family in England is trying to trace relatives who they believe lived in Helensville more than 50 years ago.

Kenneth (Ken) Bradley, was born in September 1918 in Malton, Yorkshire, in England, the son of Charles Bradley and Lillie Masterman. Ken married Joan Hampson and had four children: Jean born in 1946, Keith in 1947, Hazel in 1950 and Sharon in 1955.

The family is known to have emigrated to Auckland in the late 1950s early 1960s, and is believed to have settled in Helensville, where they ran barber shops and/or hairdresser shops in and around the town. They may have lived in Captain Street.

Anyone with information is asked to contact Roy Astley Radcliffe in England on phone +44 7854 674 370 or email: royastley60@gmail.com.

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## Vet off to remote Scottish islands

Helensville vet Mark Anderson is just about to start a busman's holiday - and he's going to extreme lengths to do it.

Mark and his wife Maureen left on Waitangi Day to travel to the Outer Hebrides islands, located off the north west coast of Scotland, where he will spend three and a half months working at a local two-man veterinarian practice beginning February 12.

It's a job- and house-swap arrangement with one of the two vets on the islands of North Uist and South Uist, Dutch man Geert Donkers, who will be working in Helensville and living in the Anderson's home while Mark and Maureen are abroad.

The arrangement really came about by accident. About 18 months ago Vets North in Helensville advertised on the internet for a new vet. Geert Donkers saw the advert, and rather than applying simply asked if one of the vets here would like to do a job swap.

Mark jumped at the opportunity.

"I have always been keen on the outdoors, and the idea of working in remote places has always appealed," says Mark.

"Back in the 1980s just after the end of the Falklands war I applied for a two-year vet job on the Falkland Islands. I reckoned it would be a great adventure. Unfortunately I didn't get the job.

"Don't get me wrong, I love living and working in Helensville, and I don't want to move to these out-of-the-way places. I just want to go and live there for a while, try and get to understand the place and the people who do live there."

The Outer Hebrides is a chain of more than 65 islands - just 15 of them inhabited - with an ancient Norse history.

Mark will be based in the central island grouping of North and South Uist and Benbecula, three islands joined by causeways with a population of about 4000.



• Mark Anderson

He and Maureen will be living in the local vet's house in the village of Clachan on North Uist, and for the duration of their stay will be joined by Mark's 84-year-old father, who lives in Wales.

The islands are renowned for their bird life and otters, and he says Maureen and his father will "entertain each other" while he's at work.

Mark says it's ironic that he will be working at a place called the Southern Isles Veterinary Practice, which geographically is far to the north, while he is normally based at Vets North in Helensville, which is close to the bottom of the world.

There are going to be some definite changes and challenges for Mark at work. Firstly, rather than the farm animals he specialises in here, he will predominantly be

• To page 5



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# New home for info centre

It took some swift negotiations, but visitors to the Helensville area still have a place to go to find brochures, maps and other information about what to do in the area.

When the Art Stop Cafe in Commercial Road closed down at the end of last year, the Information Centre housed within also became a casualty.

The centre was the main hub for tourists and visitors to the area wanting information on everything from bush walks, to skydiving, to local accommodation.

Auckland Tourism, Events and Economic Development (ATEED) quickly contacted the Helensville Citizens Advice Bureau and asked if it would step into the breach.

CAB Manager Karen Rutherford says ATEED has indicated it will invest in signage shortly, but in the meantime she would like the community - especially those in the tourist industry - to spread the word that the CAB is the new home of the Helensville Information Centre.

"We're also inviting anyone with pamphlets, brochures or information about

their B&B or tourist activity to pass them on," she says. "The more information our volunteers have, the better we're able to help those who ask for it."

The Citizens Advice Bureau is open Monday to Friday, 10am to 3pm, at 27 Commercial Road, Helensville.



• Part of the new Info Centre window display

## Vet off to Scottish islands (cont...)

• From page 4

treating pets, with a few Highland cattle and Scottish sheep in the mix. There are no large commercial farms, just small holdings.

"I don't really know what I'm letting myself in for actually," he quips.

Secondly, there could be communication issues, with 60 percent of the population there only speaking Gaelic.

"They'll probably have as much trouble understanding me as I will them," he says. "It's all part of the fun of it."

To work there Mark had to get registered with the Royal College of Veterinary Surgeons, and provide a 'letter of good standing' from the Veterinary Council of New Zealand.

As for how he will be received in the Outer Hebrides, Mark says locals there are already intrigued as to why he would arrive at the height of winter. The timing was simply what suited both Mark and Geert, and Mark reckons the weather will only get better, with

spring on the way.

He will be working most days, with just alternate weekends off. During some of that time off he hopes to visit somewhere even more remote - the tiny islands of St Kilda, which are 64km further west from North Uist, and which were first settled more than 2000 years ago but uninhabited since 1930.

Locals will be able to follow Mark's time in the Outer Hebrides online. He'll be writing a blog called 'A Vet in the Hebrides' at: markvanderson.blogspot.com.

## Fishing competition

Kaipara Cruising and Sportsfishing Club's annual women's fishing competition is on Saturday, February 18. Tickets, which include a day's club membership and complimentary meal, are \$10 for members and \$20 non-members and available from the club rooms Thursday to Monday, from 5 to 8pm. Entries close Friday, February 17.



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## As local as it gets

New Helensville business Kinetic Electrical is about as local as it gets.

Started late last year, it's run by Ryan and Kim Brenchley. Ryan grew up at South Head after moving there at the age of two, and attended Waioneke Primary and Kaipara College. Kim lived at Kumeu from age six, and while she went to Huapai Primary, she too went to Kaipara College.

In fact, that is where the couple met - they shared form classes, and were also on the same bus route.

Now son Ari (5) is in Year 2 at Helensville Primary. Daughter Sienna, almost three, goes to The Secret Garden preschool at Huapai, where Kim works four days a week as an early childhood teacher; she will eventually join Ari at Helensville School.

Ryan did his electrical apprenticeship at Muriwai, working there for 11 years before the opportunity came up to work on a mammoth Bechtel heavy industrial gas plant construction project based at Gladstone, north of Brisbane in Queensland, Australia. At the time it was part of the biggest construction project in the world.

Ryan spent 16 months there, leaving home at 4am each day and not getting back until 7pm. Kim, who had completed her early childhood education training at Gumboots Early Childhood Centre in Peak Road, spent the period abroad as extended maternity leave.

The couple returned to New Zealand last March, and Ryan went to work for Kinetic Electrical North Shore. Later in the year the opportunity to purchase the local franchise for the company became available, and the pair jumped at the chance.

Kinetic Electrical North West covers Helensville, South Head, Kaukapakapa, Waimauku, Muriwai, Taupaki and Riverhead, and while Ryan acknowledges

there are already a lot of other electricians in the Helensville area, he says there is also a lot of work around.

Ryan can handle all residential, commercial and industrial electrical work, and says that's a point of difference.

"I've worked in a wide range of areas. I've done a lot of housing and industrial, and the work in Australia has given me a broad experience of skills.



• Ryan, Ari, Sienna and Kim

"I pride myself on doing good quality work and using quality materials," adds the registered electrician.

"No job is too small or too big. I'm committed to the area and will be here long-term."

While he is working solo at the moment, he intends to employ staff in future. In fact employing additional staff is part of the Kinetic franchise agreement. Until that happens, if he needs help on a job he can bring in extra labour through Kinetic, a nation-wide company.

Ryan can be contacted on 027 420 6545.

## Damage to museum gardens

Helensville Museum's volunteer gardening team were disappointed to notice some vandal damage to the museum's gardens over the holiday period. They are happy to share plants by way of cuttings, but find plant damage or removal hard to accept.



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# New ambulance hard at work

Helensville's new ambulance got its first public outing at the Christmas Parade, and has been hard at work since.

The \$200,000-plus Mercedes-based ambulance, which was purchased with a bequest from the late Bruce Cochrane of Helensville, was led through the parade by the St John Youth Helensville cadets.

The new, 'Gen 2' machine replaced the local ambulance station's old first-generation vehicle. It features all the latest equipment, including a fully electric stretcher, which means ambulance staff will no longer risk back injuries lifting a fully-laden stretcher on board.

The local St John Area Committee and Helensville St John Op Shop both contributed toward the cost of some of the equipment on board the ambulance.

The Helensville station has a second, older ambulance which is used for events and as a backup vehicle.

The local Youth Cadet's new year starts on the Monday, February 13 and will meet from 5.30pm to 7pm every Monday night during school terms.

St John Youth's programmes focus on teaching young people first aid, health care, leadership and life skills. They caters for six to 18 year olds, but adults can become involved as leaders.

The cost is just \$10 per term for one child and \$5 for each additional child from the same family, plus a one-off fee of \$25 to \$50 for the uniform. Staggered payments are available.

Anyone interested in joining, or adults keen to take on a leadership role, should visit [www.youth.stjohn.org.nz](http://www.youth.stjohn.org.nz) or phone 0800 ST JOHN (0800 785 646), or contact Sheryl on 021 190 0591 or email: [sherylpawley@orcon.net.nz](mailto:sherylpawley@orcon.net.nz).



• The new ambulance in the Helensville Christmas parade

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## medical centre notes

We are delighted to welcome back Dr Matt Woollett to Kaipara Medical Centre. Many of you will have met him when he was here for six months as a registrar. He is back now having completed his registrar year, and will be working three days a week.

At the time of writing, Dr Trinh Wright is on maternity leave ahead of the birth of her first child, and we wish her and her husband Zack well as the due date approaches!

Also, our new registrar has started. Dr Kit Boyes will be with us for six months as part of his training, on release from the Air Force.

This will mean we will have slightly fewer female doctor appointments available for the next two to three months. However, Dr Aimee England will have more availability as Matt Woollett has taken over her patients at Craigweil House rest home, and we have four nurses taking smears, as well as capable male doctors too!

- Dr Phillip Barter, Clinical Director



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# 'A&P Experience' to showcase reasons behind

An 'A&P Experience' will be a lead feature at this year's Helensville A&P Show.

The brainchild of show manager David van Dam, it will be an interactive showcase of some of the reasons behind holding the annual A&P Show, this year on Saturday, February 25.

David says some visitors wander around the show but don't really take much notice of the livestock, horses and other agricultural aspects.

"We need to make a song and dance about why we exist. It's about trying to keep relevant in an increasingly urban environment."

Plans for the 'experience' were still being formulated as we went to print, but the idea is to have rural-type activities for show visitors to try, such as picking up and stacking hay, reversing a quad bike and trailer, throwing gumboots and maybe even milking a (not real) cow.

Tied in with the A&P Experience will be a 'Children's Trail' for children under 10, who will receive an entry form at the gate with questions about various aspects of the show. The answers will be available at locations around the grounds. A stamp will be given for each correct answer, and once completed they can take their sheet to the kids' colouring tent for some more fun, and to receive a certificate and treat - the first 30 will receive a prize as well.

The Helensville A&P Show has its roots in this area's agricultural and pastoral heritage, and the 2017 show will do what it does best each year - highlight the farming aspect of our community through displays and competitions of animals, including cattle,



• Showing livestock is the life-blood of Helensville Show

sheep, horses, poultry and working dogs. Many of the 140-plus trade stands will be farming-themed, plus there will again be a Junior Farmer competition for local school children.

And keep a lookout for a giant tractor made from hay bales. There will also be tractors old and new, and farm machinery on display.

Only minor changes have been made to the grounds layout for the 115th annual

show, which for the fourth year in a row will be a zero waste and smokefree event.

The main stage will host several acts, including a return of the popular band The Groove Diggers.

Youngsters will be kept amused by Poppy the clown, puppeteer John Rew, and Carmel's face painting.

Always popular with the show's smallest visitors, McDonald's Travelling Farmyard will again let children pet and feed lambs, piglets and goats.

The Cookie Bear Roadshow is returning, featuring a range of rides and sideshows for school-aged and younger children.

The popular Farmers' Market marquee will return to the trade area and feature a wide range of under-cover food-related stalls. Food and wine stalls will again be between the wood chopping and bar areas, by the office end of the show building.

Always popular and often good for a laugh is the pet dog show, with canines that often have their own idea of what they are meant to be doing.

Supporters of the equestrian section are in for a treat, with a new class for gypsy cob horses.

The indoor displays are always a big attraction at the Helensville A&P Show, and this year expect plenty of entries in the

• To page 9

## HELENSVILLE A&P SHOW

### Saturday, Feb 25

from 9am

Helensville Showgrounds

Ph 09 420 7572

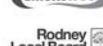
- NEW: The A&P Show Experience ► Live music with band The Groove Diggers
- Farmers' Market ► Food & wine from our area ► Clowns ► Children's Trail
- Puppet Show ► Tractor & machinery display
- Cookie Bear Roadshow ► Animals: horses, cattle, sheep, poultry ► Cow & Goat milking
- Water Walker Zorbs ► Old McDonalds Farm
- Vertical Bungy ► Clydesdale carriage & Pony rides
- Highland dancing ► Pet Dog Agility
- Junior Farmers competition ► Carmel's Face Painting
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# Helensville A&P Show's existence

• From page 8

baking, floral, produce, crafts and photography sections.

The Historical Society will have a display of old machinery, as well as its ever-popular butter making demonstrations.

Paul Stroobant will be running his popular clydesdale-drawn carriage rides, which give show visitors a good look around the grounds and everything that's on offer, while The Dayle ITM Woodchopping is one of the show's most popular spectator sports.

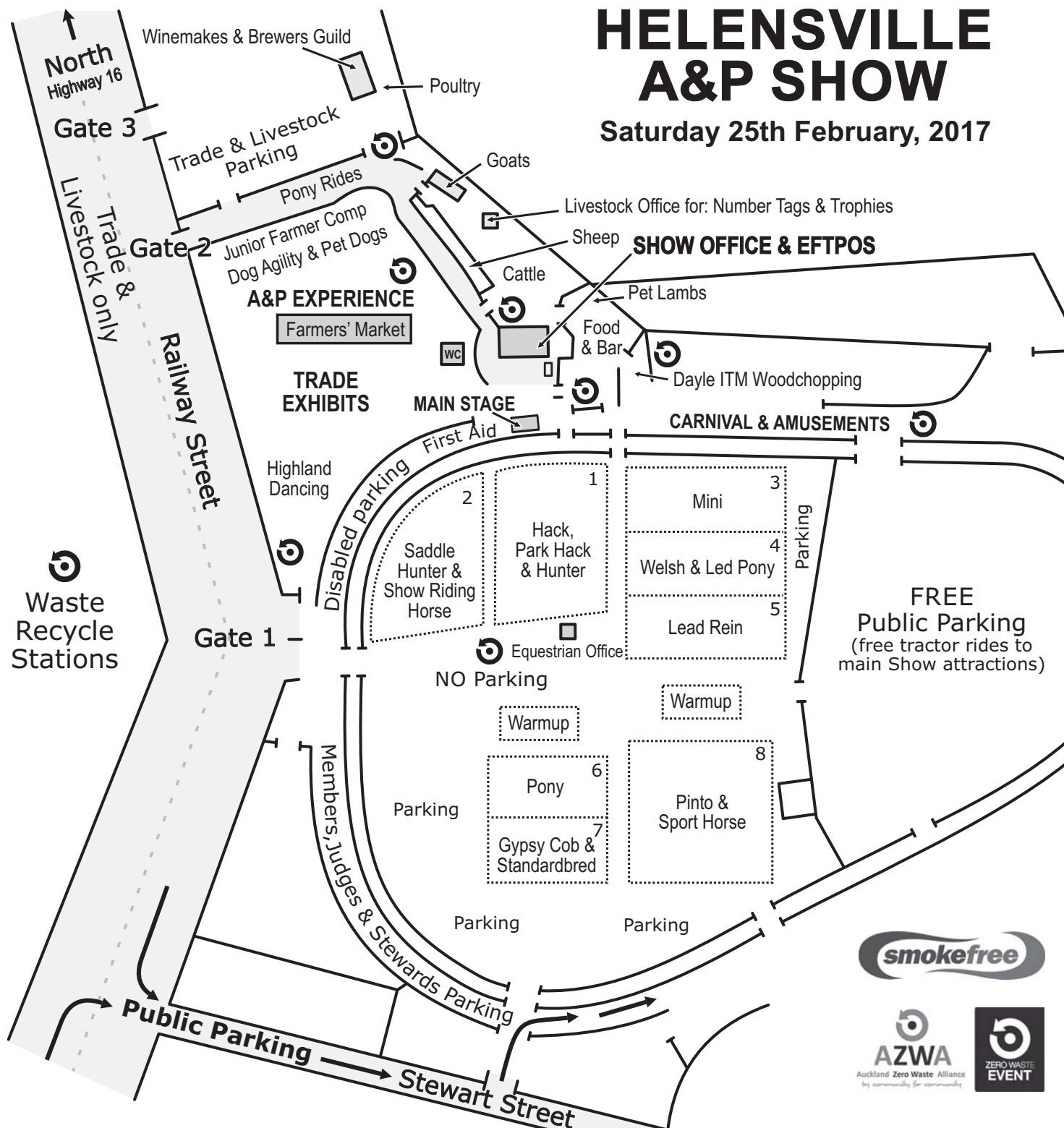
Show organisers are keen for visitors to check out some of the regular competitions which because of their locations on the ground are sometimes overlooked, such as Highland dancing and the poultry displays. Other regular features will include demonstrations by Brightside Spinners and the River Valley Amateur Winemakers &

Brewers Guild.

Once again a number of community organisations have been granted free trade spaces for the show. This year they are: South Kaipara Land Care; St John Opportunity Shop; Rural Woman New Zealand; Helensville Tennis Club; Compost Collective; Helensville Lions Club; McCosh Charitable Trust; and the Auckland Museum Mobile Community Cenotaph.

Look out for the free tractor rides from the public carpark, accessed through Stewart Street, and an EFTPOS cash out facility will be available at the show office. Entry to the show is by cash only - EFTPOS will not be available at the gate.

Show manager David van Dam thanks the show's sponsors and supporters, and gives special "to the countless volunteers who make the show possible".





Is there someone special who has done something that's really **MADE A DIFFERENCE** for you or your family? Someone you'd like to see receive a little public recognition?

You can nominate that person, and if they are the chosen recipient they'll get a wonderful treat courtesy of me!

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## from the frontline

In the past month there has been a spate of graffiti vandalism throughout our community and the wider North-West. Areas targeted have been several signs and buildings.

Auckland Council has a fantastic team of people who quickly remove this eyesore from our streets and community spaces, usually within 24 hours of being notified.

Please report all graffiti vandalism to Auckland Council on 09 301 0101 and provide them with the following information:

- exact location of graffiti
- description and size of graffiti
- type of surface the graffiti is on.

Graffiti vandalism may seem minor, but it is an issue that can have a huge impact on those living within the community. Graffiti vandalism has the potential to lower property values, it can encourage further criminal offending, and often makes a community appear unsafe to live in.

Rapid identification and removal of graffiti has been shown to reduce its occurrence. As a community we need to have a zero tolerance approach to the defacing of both public and private property. Don't just assume that someone else has reported it to either Auckland Council or police. We would prefer to hear about the same incident more than once rather than have the graffiti visible for long periods of time.

If you recognise a particular tag speak up and call CrimeStoppers on 0800 555 111. This is an anonymous phonenumber.

Please report all incidences of graffiti vandalism to the police by either emailing me on: MBX062@police.govt.nz or calling the Helensville Police on 09 420 8967.

- Mandi Bell, Community Constable



## Helensville Birthing Centre

TE PUNA WHANAU K I TE AWAROA

Helensville Birthing Centre is your local community facility. It provides a free service for women who choose to give birth in a low-tech environment. Alternatively, women who give birth in hospital can then transfer to us for the opportunity to rest and establish breastfeeding.

You are welcome to call in and have a look around, or browse our facilities online.

53 – 65 Commercial Road, Helensville

Ph: (09) 420 8747

Email: [awright@helensvillehealth.co.nz](mailto:awright@helensvillehealth.co.nz)

[www.birthingcentre.co.nz](http://www.birthingcentre.co.nz)



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## Healthy Helensville

Our vision: To be the healthiest rural community in New Zealand

### Sell your extra fruit and veges

Do you have a bountiful summer crop of fruit and vegetables? A lemon tree laden with fruit perhaps? Or maybe too many new potatoes to eat yourself?

If so, you're invited to have your produce sold on the Community Table at the South Kaipara Harvest and Artisan Market.



Kura Geere-Watson and Sara Meadows on the Community Table

When it was established almost two years ago one of the intentions of the market was to be a place for local growers and farmers to meet the consumers in their community.

While we encourage those with plentiful crops to book their own stall we realise there are many people who may have just a few extra fruit and vegetables they'd like to sell, and that's the purpose of the Community Table.

Bring your bag or box of produce along and we will sell it on your behalf for just \$3.

The South Kaipara Harvest and Artisan Market will start 2017 with its first market of the year on the morning of Sunday 26 February at Te Whare Oranga ō Parakai (next to Parakai Springs).

For more information email [foodrevolution@thrivokaipara.org](mailto:foodrevolution@thrivokaipara.org).

### Visit us at the A&P Show

Even though the Helensville District Health Trust has been a vital part of this community for 25 years, there may still be people who are unaware of the extent of our involvement and exactly what we do. So, please do pop by our tent at the Helensville A&P Show on Saturday 25 February to find out more about the Trust itself, and its highly regarded Birthing Centre, one of the best in the country.

While you're visiting be sure to try a sample of the healthy new menu at the Kaipara College Tuck Shop, which is now being supplied by the kitchen at Te Whare Oranga ō Parakai.

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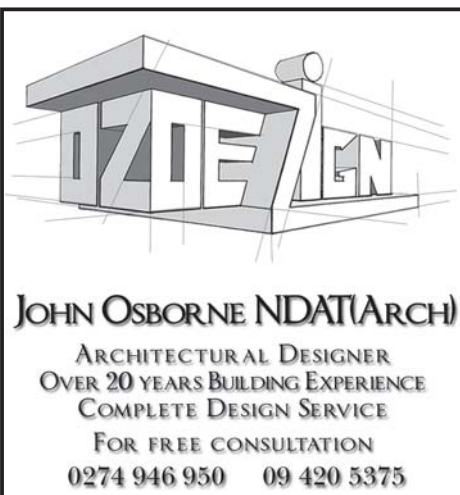
## Museum volunteers



These are the (mostly) local people who volunteer at Helensville Museum, photographed at the annual morning tea put on by the Historical Society's executive committee as a thank-you for their efforts.

Pictured from left (on porch): Lesley Holt, Nancey Lennan, Barbara Bird (obscured), Rhonda Grace, Anne Martin, Jean Davidson, Iris Moyle, Malcolm Keane, Gay Collis, Judy Lloyd, Ron Iles, Ron Crean, David Bott, Peter Moore, Natalie Carroll, John Smith, Rob Carleton, Robin Truman, Merle Keith, Wynne HaySmith, Laurel North, Margaret Gray, Pauline Cross, Glanmor Cross. On the Steps: Rob Dicks, Margaret Truman, Judy Pithcaithly, Elaine Kivell, Shirley Welsby, Leigh Bosch, Billie Jones, Mary Dee, Dorothy Browne, Lynn Millar, Janet Cridland.

As with many local organisations, volunteers keep the museum running. They turn up three days a week to open the museum for visitors (and at other times for tour groups), and hold working bees every Wednesday. They also help out at open days, exhibitions, and special events like the recent 'Haunted Night' evening, trivial pursuits evenings, the annual winter lectures and A&P Show display, and the annual Kaipara Classic Car Club show.



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# Not too late to get into local phone directory

Helensville Lions Club is in the final stages of preparing the 2017 edition of its Community Directory, which will be distributed to local households and businesses in April.

Directory project co-ordinator Lyn Curran says the club has been advised of a number of omissions in the listing it purchased from Yellow for the telephone listing section.

"We are establishing an additional database ourselves that we can edit into the information we receive from Yellow," says Lyn.

Locals can check online if their number is missing at [www.whitespages.co.nz](http://www.whitespages.co.nz). If it has been missed they should advise their

telephone provider, and also email the Lions Club at: [helensvilledirectory@gmail.com](mailto:helensvilledirectory@gmail.com) so the number can be added to the directory.

Anyone wanting to add to an existing listing, such as to include a fax or mobile phone number, should email that information to the club for inclusion.

Potential advertisers still have time to get their advertisements into the popular local directory too, with the deadline on Friday, February 17. They should complete the order form on page 55 of the current directory, or ask for an order form by email.

The Lions Club has produced the Community Directory for 34 years. It has a distribution of 4500 and is delivered to all

homes and businesses in the 420 calling area.

The club estimates it earns around \$10,000 each year from the directory, money which goes back into the local community.

## Storytime to help kids prepare for school

Helensville Library is changing the focus of its regular free 'storytime' sessions.

The sessions, aimed at under-six-year-olds, this year will now focus on rhymes and stories which encourage pre-literacy and school readiness skills. They will be adapted and adjusted to suit whatever the audience needs on a given day, although there will be a structure in place.

"The tweaks are due to the changing nature of the existing audience, and feedback from parents and caregivers," says Helensville senior librarian Anne Coppell.

From Tuesday, February 7 the library will hold three sessions each week, on Tuesdays, Wednesdays, and Thursdays from 10.30am-11am.

Anne says any child will benefit from attending the revamped storytimes. Those benefits may include: increased vocabulary; better listening skills; an increased ability to sit still; learning how to pay attention to an adult other than a parent; learning how to take turns; increased attention span; increased word recognition; and exposure to new ideas.

For more information contact the library on 420 8163.



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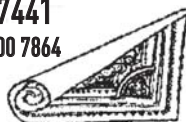
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## Sculpture exhibition opens



Birkenhead artist Darryl Fagence (above) checks out his own reflection in his glass artwork 'Tidal' in Sally Lush's photo from the opening of Kaipara Coast Sculpture Garden's 'Exhibition 2017'.

Two international artists - Sonja van Kerkhoff from Holland and Karl Chilcott from Sweden - have works in the exhibition, as well as local artists including Jeff Thomson, Cherrie James, John Philips, Blair Fraser, John Mulholland, Rick Urban and Andrew Denton.

Among the works is a children's community project based on the book 'Where the Wild Things Are'. Children from all over the area took part in school holiday programmes at the Helensville Art Centre, and at Arts in the Ville workshops, to create a quirky recreation of book character Max's bedroom overtaken by the jungle and monsters.

Exhibition 2017 is on display until October and is open 7 days a week from 9am to 5pm. Entry charges apply.

## making the difference

Is there someone special who has done something that's really made a difference for you or your family? To nominate someone you think deserving, write to: Nicky Horsbrough, Harcourts Helensville, 37 Commercial Road, Helensville 0800 or fill out the form online at: <http://nickyhorsbrough.harcourts.co.nz>. The lucky recipient will receive a \$100 voucher for a local business of their choice.

Our July recipient is Fiona Russell, who received a \$100 voucher for McLeod Motors.

Fiona was nominated by Jackie, who says Fiona always goes out of her way to help her out. When she heard Jackie had a fall, Fiona turned up at her house and water-blasted the driveway as she was concerned that may have been an issue. Jackie thinks Fiona is someone in the community who certainly looks out for others and wanted her to be recognised.



• Fiona and Nicky

### Noah's Ark Playgroup

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## Easy summer meal from the garden

This is not a recipe as such, more a method to which you can add the amount of, and type of, ingredients you have to suit.

First, heat the oven to roasting temperature, around 180°C. I used beetroot, kumara, potato, butternut, half an onion, a few cloves of garlic, a chilli, the last of the broad beans and a chorizo sausage sliced into pieces.

Peel and cut the vegetables into approximately the same sized pieces. Place a bowl on the bench and add a good dash of oil. To this add a teaspoon of paprika, salt and pepper. Drop in the potatoes and mix with your fingers to gain an even coat of the seasoned oil. Lift out the potatoes and place into the roasting dish and put into the oven. They will take longer to cook than the other vegetables.

Blanch the broad beans in boiling water and set aside. After 30 minutes in the oven add the beetroot, kumara and pumpkin to the roast dish and return to the oven. After about 20 minutes add the rest of the vegetables and the sliced sausage. Roast until everything is tender and lightly coloured.

Take an apple or small cucumber, peel and roughly chop into cubes. Drop into a bowl and add diced pieces of feta. Squeeze on the juice of half a lemon, add a dash of olive oil, and a grind of black pepper. Pick a sprig of dill or a few mint leaves, chop and add to the feta and cucumber. Spoon onto fresh greens from the garden.

Take two cobs of corn and a thick bottom frypan. Peel the corn and using a sharp knife cut the kernels off the cob into the frypan, add a couple of tablespoons of olive oil and place onto a low to medium heat. Gently cook the corn for 5 minutes then add diced garlic, diced onion a chilli if you want some heat, and cook for a further 5 minutes. The corn will start to stick to the pan and some bits will be nicely browned. Remove from the heat and add a couple of juicy, diced tomatoes; spread out the tomatoes and leave to sit for 15 minutes. After this stir the mixture gently and the caramel bits on the pan will come loose and will join the salsa. Finally add salt and pepper and chopped basil or coriander. You can add some ground cumin and stir through just before you add the tomatoes - this gives a real depth to the flavour.

This meal represents the correct ratio of vegetables to meat and provides good quality carbohydrates without the need for processed food.



## Kaukapakapa School gala to be biggest yet

Kaukapakapa School's annual gala is on Saturday, February 18 from 10am to 2pm.

School Support Group chairman Jane Cocking says the gala will be bigger and better than previous events, with fun rides, activities and food for all ages.

The gala will include Cookie Time rides, horse and pony rides, a quick-fire raffle, cake stalls, hot food and ice cream. There will be games like Splat the Rat and the popular

Plate Smash, plus all day entertainment on stage.

A special feature this year will be a white elephant/garage sale, for which a number of quality items have been donated.

Funds raised from this year's gala will go towards a number of projects at the school, including replacing an archgola and supplying equipment for the new classrooms.

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## community titbits from town and around

### ■ WAITOKI MARKET DAY

The first Waitoki market for 2017 will be held on Saturday, February 11. It marks a change of days for the market, which will in future be held on the second Saturday on alternate months.

Herbs and their cultivation will be a feature of the February market, along with homemade and used bargains, bric a brac, baked goods, preserves, and plants. A barbeque lunch or tea, coffee and scones will also be on offer. The market is at the Waitoki Hall on Kahikatea Flat Rd from 8.30am until

midday. Prospective stall holders should phone Shirley on 420 5111.

### ■ KAUKAPAKAPA MARKET

Kaukapakapa market on Sunday, February 19 from 8.30am to 1pm will have its usual selection of craft stalls, gifts, plants, local produce, collectibles and car boot items.

The market cafe and Lions sausage sizzle will provide food, and there will be barista coffee and candy floss, and live music from Mike Lee from 10am to midday. For more information or to book a stall phone Sarah on 0274 831542 or email: sarah1@maxnet.co.nz.

### ■ TARRA SPECIAL MEETING

Te Awaroa (Helensville/Parakai) Residents & Ratepayers Association will hold a special general meeting on Wednesday, February 22 to elect officers and committee. 7.30pm at the Helensville War Memorial Hall meeting room. Anyone interested in becoming a member should email: tarrassoc@gmail.com.

### ■ HARVEST MARKET

The first Harvest Market for the year on Sunday, February 26 from 10am to 1pm at Te Whare Oranga o Parakai will feature a new twist. While staying true to its original vision of being a place for local growers, farmers and producers to meet their consumers directly, the market is being expanded to include local artisans and craftspeople. People interested in having a stall should email: foodrevolution@thrivekaipara.org.nz.

The popular Kids' Kitchen cooking classes will also be returning.

### ■ HELENSVILLE AGLOW

Helensville Aglow will hold its first meeting for the year at 7.30pm on Friday, March 3 at Helensville Community Church, 40 Mill Rd, Helensville. All welcome. Email: Yvonne Bartlett at: yvonne@hello.net.nz for more information.



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## trade & classifieds

### ■ Helensville Glass

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## Helensville News - Publication Information

### ■ MARCH 2017 deadline: Friday, 17th February 2017

ISSUE DUE OUT TUESDAY, MARCH 7th 2017

#### Editorial Enquiries, Letters to the Editor and Advertising:

Dave Addison - Ph: 420 7215 • Mobile: 021 178 5568 • Email: dave@helensvillenews.co.nz

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#### 2017 issue dates and deadlines:

Due out: March 7th	Copy by: Feb 17th	Due out: May 2nd	Copy by: April 14th
Due out: April 4th	Copy by: Mar 16th (tbc)	Due out: June 6th	Copy by: May 19th

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**Letters to the Editor:** Should be kept to around 250 words and may be edited as space dictates.



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